



brabo[®]

THE STYLE OF PLAY

MOUTHGUARD JUNIOR

INSTRUCTIONS

- 1) PREPARE A CUP OF BOILING WATER AND COLD WATER.
- 2) PLACE THE MOUTHGUARD IN THE BOILING WATER FOR 30 SECONDS.
- 3) REMOVE THE MOUTHGUARD AND PLACE IN THE COLD WATER FOR 1 SECOND.
- 4) PLACE THE MOUTHGUARD IN THE MOUTH AROUND THE UPPER TEETH.
- 5) HOLDING THE MOUTHGUARD IN, MOULD TO TEETH, TAKE CARE NOT TO BITE IT.
- 6) REPLACE THE MOUTHGUARD BACK INTO HOT WATER, REMOVE AFTER 2 SECONDS AND PLACE IN THE MOUTH.
- 7) INSTANTLY SECURE THE MOUTHGUARD BY PRESSING THE TONGUE AGAINST THE BACK OF THE UPPER TEETH AND BITE TOGETHER INTO THE MOUTHGUARD.
- 8) FINALLY, WHEN FITTING IS COMPLETE, PLACE IN COLD WATER.
- 9) CONSULT YOUR DENTIST IF THE MOUTHGUARD CANNOT BE ADAPTED TO STAY UP AND CAUSES PAIN.
- 10) FOR YOUNG PEOPLE WHO ARE GROWING NEW TEETH, THE MOUTHGUARD MAY REQUIRE REHEATING AND REMOULDING FROM TIME TO TIME.
- 11) INSPECT MOUTHGUARD VISUALLY BEFORE USE. ANY SIGNS OF WEAR, REPLACE IMMEDIATELY.

317.07000 Size: Junior
BP7000 Brabo Mouthguard Orange/Black



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